



Gear Up For Fitness

January 21
Indoor
Triathlon

Run and Triathlon at any age.

February Newsletter

Up Coming January Classes:

TRX Suspension Trainer
Check out why TRX
Is Great Strength/Core Workout

Free Demo
February 22nd at 6 PM

Email Pam interested in Demo

All Core, All The Time!
Total Body Workouts!
Great for Runners and Triathletes!

Fit Pro: Pam Houck
Mondays: 6:00 PM
Start Date: March 6, 2017

Clinics starting in March:

Triathlon Swim Clinic

Starts: March 8, 2017

Run Your Potential

Starts: March 8, 2017

Check back in couple weeks for
registration forms on:

[https://gearupforfitness.com/
upcoming-clinics/](https://gearupforfitness.com/upcoming-clinics/)



February Cycling Workout for Trainer

Warm-Up: 10 minutes flat road RPM 80-90,
After 5 minutes add 2 x (30 seconds 90-100
RPM/recover 1 minute 80-85 RPM)

3 x (Seated Climb hill 2 minutes 70-80 RPM,
HR Zone 3/Seated step incline 1 minute 60-
70 RPM, HR Zone 4/Seated Climb hill 2 min-
utes 70-80 RPM, HR Zone 3/5 minutes Flat
road 90-100 RPM, HR Zone 3-4 (if your legs
are spinning out control add resistance)/
4 minute easy Flat Road 80-90 RPM, HR
Zone 1)

Cool Down: 8 minutes flat road
to 80-90 RPM, HR Zone 1



Boston University's Fit Rec Center
Boston, MA
Sunday, March 26, 2017

Keynote Speaker:
RYAN HALL 2x Olympian

Information packed seminars, clinics
and workshops, competitive events,
a vendor expo.

For more information go to:
<http://race-mania.com/boston/overview/>

7th Annual Indoor Triathlon Series

2 More Saturdays:
February 11, 2017
March 4, 2017

New for 2017 races:
Bike Mileage Included in Score

Still can register
Spots are available



15
MINUTE
SWIM



25
MINUTE
BIKE



20
MINUTE
RUN

Number
of
Lengths

Number
of
Miles

Number
of
Laps

If this sounds interesting to you, please
enroll by filling out the registration form,
fill it out, bring or mail to
Latitude: 2017indoortrisbrochure

Upcoming Local Races 2017

2/5 [Frigid Fiver](#), Newburyport, MA

2/5 [Super 5K](#), Lowell, MA

2/11 [Bradford Valentine Road Race 5M & 6K](#), Haverhill, MA

2/18 [Loco Palooza 5K](#), Salisbury, MA

2/26-3/12 [Wild Rover Series 3-4-5](#), Hav-
erhill, Lawrence, Lowell, MA

3/5 [Half at the Hamptons](#), Hampton, NH

3/18 [St. Patty's 5K/10K & Pub Crawl](#),
Salisbury, MA

3/18 [Clover Run 5K](#), Portsmouth, NH

3/19 [Run to the Beach 30K](#), North
Andover, MA

3/29 [Eastern States 20 Miler & Run To
The Border Half Marathon](#)

4/9 [Great Bay Half Marathon/Beyond
Rainbow 5K](#), New Market, NH

4/30 [Earth Rock Half Marathon](#),
Amesbury, MA

Motivational Quote:

"There is no such thing as an average
runner. We are all above average."
- Hal Higdon, running coach and writer

"We are what we repeatedly do. Excel-
lence, then, is not an act, but a habit."
- Aristotle

Questions: Contact Pam Houck
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Blog: <http://gearupforfitness.com/>

For more races go to:
Triathlons: <http://www.trifind.com/>
Running: <http://runningintheusa.com/>